

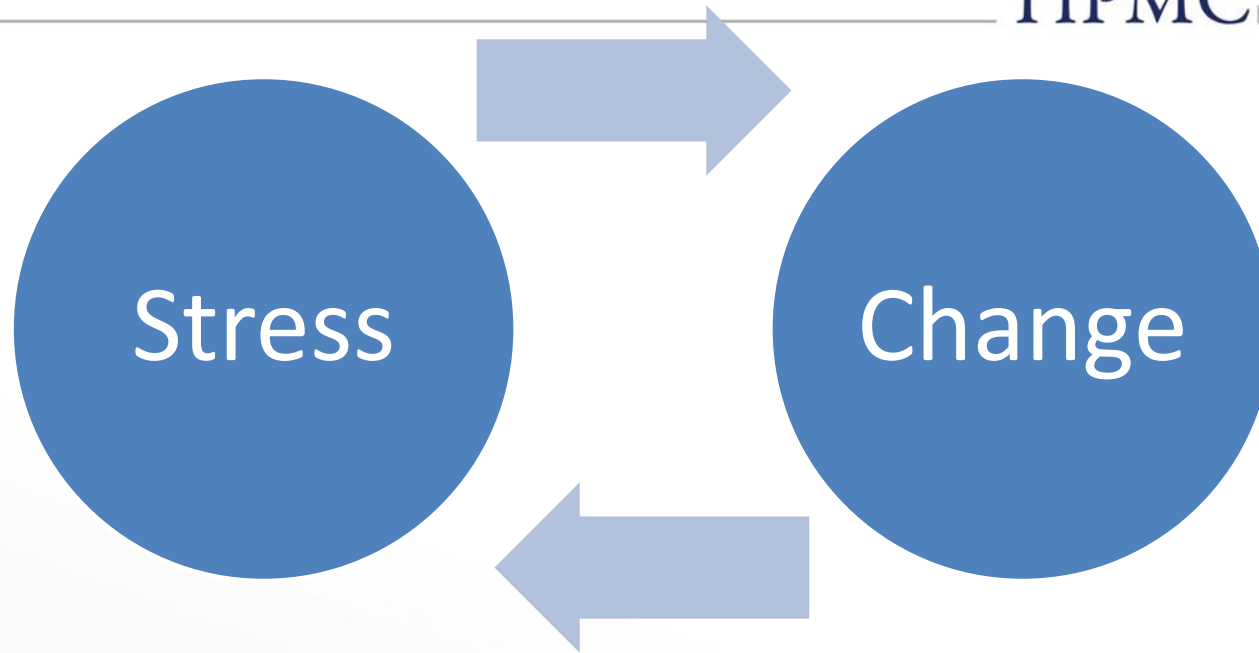


Coping With Stress and Change

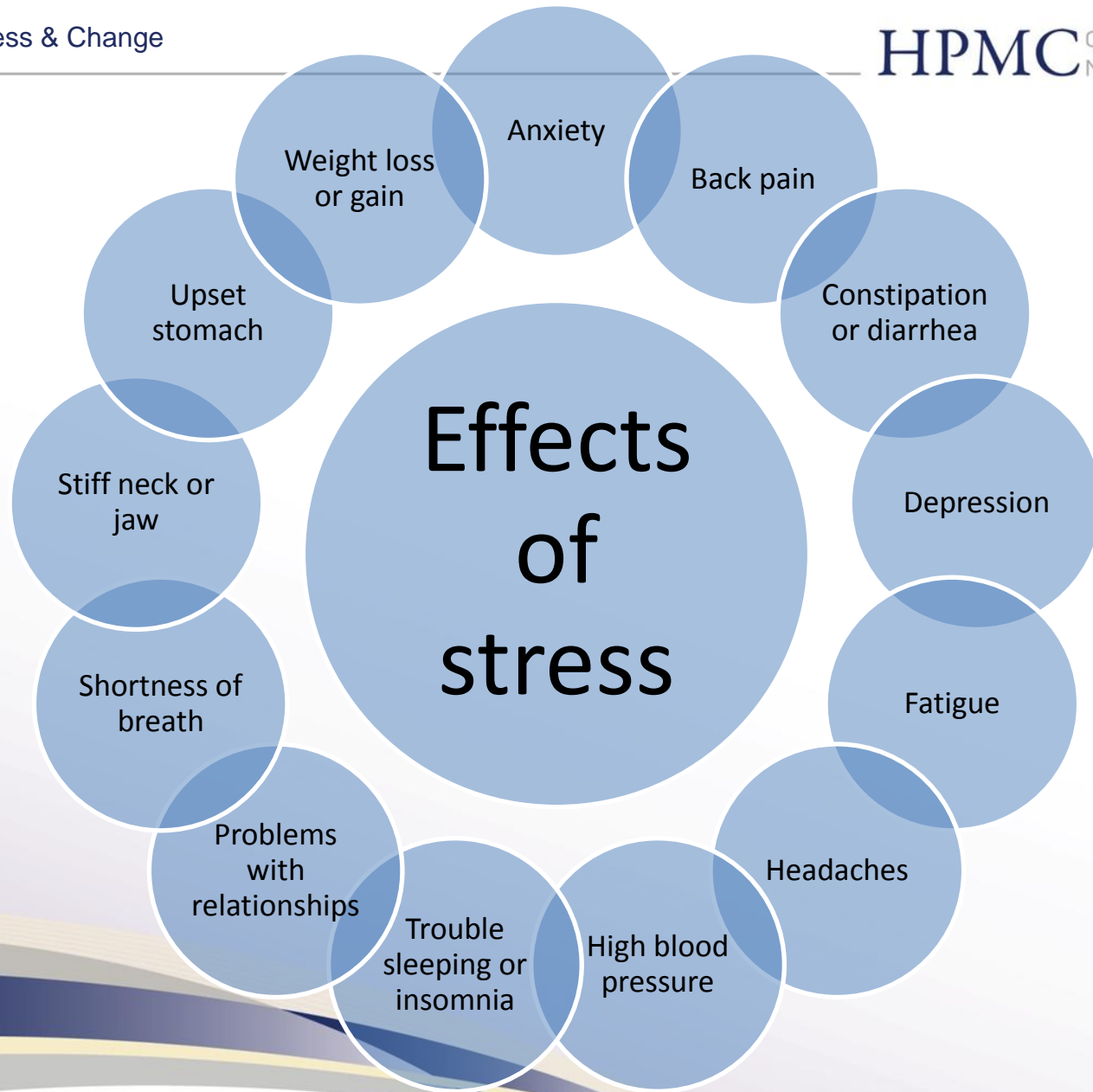
Behavioral Health Services 376-4418
Occupational Health & Wellness 376-3939

“Change is inevitable – except from a vending machine.”


Robert C. Gallagher




- ◆ In small doses, stress can be a good thing.
- ◆ It can energize and motivate you to deal with challenges.
- ◆ But prolonged or excessive stress – the kind that overwhelms your ability to cope – can take a severe psychological and physical toll.



Signs of Stress

- ◆ Anxiety or panic attacks
 - ◆ A feeling of being constantly pressured, hassled, and hurried
 - ◆ Irritability and moodiness
 - ◆ Physical symptoms, such as stomach problems, headaches, or even chest pain
 - ◆ Allergic reactions, such as eczema or asthma
 - ◆ Problems sleeping
 - ◆ Drinking too much, smoking, overeating, or doing drugs
 - ◆ Sadness or depression
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The body's stress reaction

- ◆ Muscles tense
 - ◆ Heart rate increases
 - ◆ Breathing rate increases
 - ◆ Sugars and fats released into bloodstream for quick energy
 - ◆ Neurotransmitters emit “get moving” chemicals in the brain
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Environmental stresses


◆ Good stress

- Work stress
- Weddings
- Planning large events, such as travel
- Children


◆ Not so good stress

- Work overload
- Job loss
- Marital difficulties
- Illness/death
- Financial trouble
- Family issues


Practice the Four A's

- ◆ Avoid
 - ◆ Alter
 - ◆ Accept
 - ◆ Adapt
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Avoid

- ◆ Take control of your surroundings.
 - ◆ Avoid people who bother you.
 - ◆ Learn to say no.
 - ◆ Ditch part of your list.
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Alter

- ◆ Respectfully ask others to change their behavior.
 - ◆ Communicate your feelings openly.
 - ◆ Manage your time better.
 - ◆ State limits in advance.
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Accept

- ◆ Talk with someone.
 - ◆ Forgive.
 - ◆ Practice positive self-talk.
 - ◆ Learn from your mistakes.
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Adapt

- ◆ Adjust your standards.
 - ◆ Practice thought-stopping.
 - ◆ Reframe the issue.
 - ◆ Adopt a mantra.
 - ◆ Create an assets column.
 - ◆ Look at the big picture.
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How do I manage?

- ◆ Manage physiological symptoms:
 - Take time out to relax.
 - Enhance physical resources.
- ◆ Manage psychological symptoms:
 - Listen to how you talk to yourself.
 - Tap into positive social resources.

Physical relief


◆ Exercise

- [WorkFit](#): Daily Stretch, Strength & Conditioning, Core & Balance

◆ Work hard at PLAYING

- Our ability to play lies at the heart of our capacity to imagine.

◆ Take a BREAK

- Reduce the physiological sensations of stress
 - It's harder to stay upset, angry, or anxious when the body symptoms aren't there.
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Stress buffers

- ◆ Control the things that you can control
- ◆ Create a balance in life
 - Family and friends and fun!
 - Personal time
 - Work
 - Community involvement
 - Spiritual involvement
 - Exercise and eat right
 - Get enough sleep

Employee Assistance Program (EAP)

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